



DROP ZONE FREQUENTLY ASKED QUESTIONS

1. **Is this legal?**
Yes! All appropriate authorities have been notified and permits as well as insurance are in place.
2. **Will someone train me?**
Yes, prior to your rappel you will be required to attend at least one mandatory training session provided by our highly trained experts at a local facility. The day of your rappel, you will also go through a review of the safety steps that will ensure you have a safe and fun rappel.
3. **How safe is this?**
As with everything, there are risks. It is important that you take the proper training, listen to your rappelling instructors and follow their directions. Everyone involved with your rappel has professional training and accreditation and every effort has been made to ensure you have a safe rappel.
You will be guided by specialized experts: **Remote Access Technology** is North America's leading rope access and remote access training and service supply company. They specialize in confined space access work, high altitude industrial maintenance work, high angle rescue and rescue training. Their safety training programs and safety record are based on the use of IRATA certified professionals only.
4. **How fit do I have to be to rappel?**
You need to be reasonably healthy to rappel although you do not have to be physically fit. The speed of descent is controlled by technique rather than strength. The only limitations we have are by the size of the available harnesses. Of course if you have special needs, please contact your local Drop Zone Coordinator and they will be happy to discuss the possibilities with you.
5. **How long will it take me to rappel?**
This will vary from building to building. The taller the building the longer it will take for you to reach the bottom. Your rate of descent will be your determined by your comfort level of speed you wish to rappel. Our experts estimate that it will take you any where from 10 - 20 minutes based on the building and the level of your experience.
6. **Can my family and friends come see me rappel?**
Of course! We welcome your family and friends watch you be a Superhero for Easter Seals™ kids by rappelling down your local building! Check with your local organizers where the safe viewing areas will be set up.
7. **Do I need special gear or clothing?**
All essential equipment will be provided, however we encourage you to wear tighter fitting comfortable athletic clothing and non marking sneakers.
8. **Will there be people there to help me?**
Yes, highly trained experts will guide you through the whole process.
9. **Is there an age and weight limit?**
Yes, you must be at least the age of majority in your province, and must not exceed 285 pounds or 130 kg.
10. **Will I be strong enough to hold the rope?**
Yes, the speed of descent is controlled by technique rather than strength.
11. **What if I get tired and want to stop?**
You can stop to rest quite easily by using the proper technique. Also, either the top, or bottom rappelling instructor can also stop you.

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12. What if I let go of the rope?

If you let go of the rope one of two safety systems will engage. Either the self locking mechanism at the top will stop you, or the person at the bottom will brake for you. Depending on where you let go of the rope, you can expect to rappel 4 or 5 feet before the safety system engages.

13. Will I burn my hands on the rope?

The friction generated by the rope against your gloves will cause your hand to get hot. Start rappelling slowly to gauge how much heat will be generated. Once again, good technique will reduce how much heat is generated from friction.

14. What if the rope breaks?

The rope won't break, or get cut. The rope is designed to hold 4500 kilograms. In addition every possible safety precaution has been implemented to ensure your safety and success during this event. Certified experts, back-up safety lines, participant training, frequent on site safety checks and many other precautions will be taken prior to and during your rappel.

FUNDRAISING TIPS

We want your fundraising experience to be as easy as possible. Here are a few ideas on how to get the word out about your fundraising mission:

1. Start Early! It is never too early to begin fundraising.
2. Invite your friends and family to support you (they tend to be the most generous and can set the standard for everyone who pledges you after them).
3. Approach your work colleagues and your employer.
4. Ask co-workers or friends to join you! Become a team of superheroes. Challenge each other to raise the most money and challenge other offices in other participating cities. Teams can identify themselves through our online pledge system and track their progress!
5. Fax or email a pledge form to suppliers and clients.
6. Ask family and friends to collect pledges on your behalf.
7. Keep a pledge form in your office/vehicle or with you at all times. You never know who you might meet.
8. Post a pledge form outside your office door with a visual sign explaining what you are doing. People are inspired by outrageous acts of goodwill.
9. Get online – It's fast and easy! Direct your friends to your personal Donation page. This is a great fundraising tool that lets you put the power of the Internet to work. You can post a personalized greeting; check your donation report and so much more.

ONLINE FUNDRAISING – SIMPLE AS ONE, TWO, THREE

Using the web as a fundraising tool is an easy and effective way for you to collect pledges! Just think of how many work related and/or personal e-mail addresses you have in your address book that you can approach for support. It is secure, quick and a great way to reach many contacts all at once.

1. MY DONATION PAGE...

Once you register online, you will have a personal donation page, which can be customized. Include your favourite picture and a personal message to send to your family and friends.

2. ASK OTHERS TO SPONSOR YOU...

Send e-mail to your family, friends, co-workers, and other contacts through your donation page.

3. WAIT FOR THE SUPPORT TO FLOW IN...

A link to a secure donation form will be included in the e-mail you send through your donation page. When an online donation is made, a tax receipt will be sent to the donor instantly by e-mail.